

Eco-Community Dialogues Newsletter

Nancy Nelson, Editor

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The Conservation Pledge

I pledge to protect and preserve the natural resources of the planet Earth, and promise to promote education so we may become caretakers of our air, water, land, forest, and wildlife.

2014 the "Year of the Family Farmer"

The United Nations General Assembly has designated 2014 as the YEAR OF THE FAMILY FARMER. That is reason enough to ban GMO biological pesticide crops from Jackson County, and there are plenty more good reasons to **VOTE YES to pass MEASURE 15-119** this May.

Our Family Farms are part of the ROGUE VALLEY's upscale agritourism and wine tasting economy. Voting YES shows discernment that Syngenta AG sugar for junk food is an intrusion against Rogue Taste and our local Thrive. A YES VOTE safeguards local grape vineyards as well as our lovely renowned small farms and pear orchards from GMO biological pesticide crop hazards. Our wine region is actually one of the most diverse winegrowing economies in the world.

The rugged mountain valleys and diverse climates allow for a wide variety of intensely flavored wine grapes to be grown. GMO's lower the bar by bringing biological pesticide crops into the Valley. It takes Nature 150 years to form a single inch of topsoil! Rich topsoil is more precious than gold.

The cooler areas produce wonderful Chardonnay, Gewurztraminer, Pinot Gris, Pinot Noir, Riesling, and Sauvignon Blanc.

The arid warmer regions ripen Cabernet Franc, Cabernet Sauvignon, Dolcetto, Grenache, Malbec, Merlot, Tempranillo, and Zinfandel.

SOUTHERN OREGON ripens many unique varieties of grapes such as Albarino, Baco Noir, Gruner Veltliner, Marachel Foch, Marsanne Rousanne, Mourvedre, Petite Sirah, Pinot Blanc, Semillon, and Viognier.

Pears are still King in the Rogue Valley with \$14 million in pears sales, but the wine grape harvest adds another \$7 million or so to Our Family Farms. I'm wondering if you know that only 5.8% of farms in the entire state of OREGON are owned by corporations. The precautionary ban is a good thing because our most farms in SOUTHERN OREGON are small, under 100 acres. Big Industry wants to bring in the chaff. Now is the time for voter discretion to head GMO's off at the pass.

It's time to stand and defend by speaking Truth to Power. Women are leaning in to farming. You don't have to care about the women who run quite a few of Our Family Farms. In fact the vast majority of farms in OREGON are owned by single individuals or by families. It would be wonderful if you cared enough about Moms Across America.

(Sources: 2014, ROGUE FLAVOR, YOUR GUIDE TO FRESH AND LOCAL FOOD IN SOUTHERN OREGON, "Did you Know?"; Issue 8 Spring 2014 FOR A BETTER WORLD; www.fairworldproject.org; www.OurFamilyFarmsCoalition.org; info@ourfamilyfarmscoalition.org; www.MomsAcrossAmerica.com
An International Volunteer Coalition of Unstoppable Moms)

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AMERICA's Nuclear Waste Problem

I'm wondering if you knew a radioactive leak was found last month at the *Waste Isolation Pilot Plant* near *Carlsbad*, NEW MEXICO. The ENERGY DEPARTMENT has been disposing of nuclear waste from IDAHO, SOUTH CAROLINA, TENNESSEE, and WASHINGTON at the *Carlsbad* site.

The *Carlsbad* site was shut down last month because radioactive leakage has contaminated 17 workers and escaped above ground. The air, soil, vegetation, and water must have ongoing testing. *Nuclear Waste Partnership LLC* is the contractor that runs the shut down plant. This complicates matters for LOS ALAMOS NATIONAL LABORATORY near *Santa Fe*, NEW MEXICO. There is a dump facility in *Andrews County*, TEXAS, operated by *Waste Control Specialists LLC*.

The transfer of nuclear waste from LOS ALAMOS port is contingent upon the completion of a federal environmental review. It involves transportation for plutonium contaminated items dating back to the 1940's *Manhattan Project*. Will you admit it now, or next week, or next month, that prevention is worth a pound of cure.

(Source: February 25, 2014, DAILY TIDINGS, "*The President Takes Steps to Combat Global Warming*", by the February 21, 2014 MIAMI HERALD; March 21, 2015, THE WALL STREET JOURNAL, "*Texas Accepts Waste From Los Alamos*", by Nathan Koppel)

U.S. Marines and Navy Sailors

I wouldn't tell you to *Thank God* that more than 100 U.S. *Marines and Navy sailors* are now bringing a class action suit against *Tokyo Electric Power Company* (TEPCO) because TEPCO failed to tell that they were in an active TRIPLE NUCLEAR MELTDOWN in the wake of the mega 9.0 earthquake and tsunami that devastated FUKUSHIMA DAIICHI.

TEPCO might, you know, have pitied the 5,500 who were aboard the USS REAGAN off the coast of JAPAN. Can you feel compassion for the 51 U.S. *marines and Navy sailors* from *Operation Tomodachi* who have already developed brain cancers, testicular cancers, thyroid cancers, excessive uterine bleeding and uterine problems.

Maybe you haven't yet joined the more than 100 U.S. *Marines and Navy sailors* in their class action suit. Sooner or later you might be concerned that casualties are still mounting. The severe environmental and human health impacts are compounded daily as radioactive contamination continues to pour forth from the site, owned by TEPCO.

According to Attorney *Charles Bonner*, TEPCO is being charged with lying about the severity of the disaster. Will you speak Truth to Power now, or will you hold nuclear power plants accountable a few more lawsuits later.

Naoto Kan was the JAPAN's *Prime Minister* during the TRIPLE NUCLEAR MELTDOWN and he implicates that he was hearing "*almost*" no accurate information conveyed about what was the real situation on site at TEPCO. You may not know if he has grieved.

As news of the accountability lawsuit spreads, many more will likely join in because responsibility lies with the fourth largest nuclear power plant in the world, TEPCO. It is high time to stand for taking right actions to stop building accident prone nuclear reactors in their tracks.

I don't know if you saw that the NBC NEWS has obtained *Obama's* NUCLEAR REGULATORY COMMISSION emails instructing its staff to downplay safety risks in the wake of FUKUSHIMA DAIICHI. When you realize the deceitfulness of that, then you may feel glad that the time is ripe to rise above lack of concern that breeds public lethargy.

(Source: March 22, 2014, DAILY TIDINGS, "*Sailors, Marines allege radiation sickness*" by Amy Goodman of DEMOCRACY NOW! Ms. Goodman is author of the newly released book, *BREAKING THE SOUND BARRIER*.)

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California in Quivers

You might not have noticed a *News Brief* that there have been two intensely felt earthquakes, less than two weeks apart in SOUTHERN CALIFORNIA. The most recent was a magnitude 5.1 earthquake shook the *Los Angeles* area and surrounding counties. The U.S. Geological Survey said the epicenter was near *Brea* in *Orange County*, just 20 miles Southeast of downtown *Los Angeles*, breaking 13 main water lines, and temporarily displacing 83 people from 30 damaged properties in *Fullerton*.

According to *Dr. Lucy Jones*, a chief scientist at the U.S. Geological Survey and *Southern California Earthquake Center Research*, the 5.1 trembler may have put more stress on the *Puente Hills* fault. A major quake on the *Puente Hills* fault that stretches into downtown *Los Angeles* is capable of a 7.5 magnitude and could result in 18,000 fatalities and displacement of 735,000 people.

Try to resist admitting it if you live in an earthquake zone. Try to resist the sensation that 100 aftershocks implicate. Another Big One could strike. The lesson is to stock up on water and emergency preparedness supplies because *Los Angeles* is riddled with faults. No child should sleep near a tall bookcase that could topple over in an earthquake, for example. You might notice how your home décor has to think about securing cupboards with glassware.

(March 31, 2014, THE WALL STREET JOURNAL, "*Tremors upend L.A.'s calm*" by Tamara Audi)

California Selects Two Pilot Cities

One might, you know, understand that priceless tsunami data has been collected. A study was published by the U.S. Geological Survey last autumn, that parts of *Los Angeles*, *Long Beach*, *Marina del Rey*, and parts of *Orange County* are particularly vulnerable to major tsunami flooding. State Geologist *John Parrish* and *Rick Wilson*, head of the *California Geological Survey's* tsunami program are taking the report seriously.

This month's March 9, 2014, magnitude 6.8 earthquake epicenter, located where the *Gorda* and *Juan de Fuca* plates are slipping beneath the *North American* plate, and the CASCADIA SUBDUCTION ZONE's *North American* plate could snap loose and rise violently, producing a major tsunami.

According to earthquake simulation, a 9.0 *Cascadia Subduction Zone* earthquake would produce 10 to 23-foot high waves in NORTHERN CALIFORNIA. The same waves would be around 3 to 10-foot high waves in SOUTHERN CALIFORNIA, and could submerge *Long Beach* south of *Ocean Boulevard*. The *Long Beach Convention Center* and the *Aquarium of the Pacific*, the *Pike Shopping Center*, and the *Shoreline Village Shopping Center* would be submerged. The *Huntington Beach Harbour* and the affluent communities of *Newport Bay* would be flooded.

Mapping is being completed for 130 coastal communities, harbors, and marinas in CALIFORNIA that have specific local worst case scenarios, including ports in *Los Angeles*, *Long Beach*, *Santa Cruz*, *San Diego*, and *Ventura*.

When the 9.0 SUBDUCTION ZONE earthquake occurs, according to the study there would be just a couple of hours to force 750,000 people to evacuate the coastal area. CALIFORNIA's *Office of Emergency Services* and the *Federal Emergency Management Agency* are setting up potential emergency plans to be made available online by the end of this year.

Land-use planning tsunami flood maps of *Crescent City*, *Huntington Beach*, and other coastal areas at risk of being destroyed during a large tsunami can be used to restrict development of new buildings along the coast. CALIFORNIA has selected two pilot cities, *Crescent City* and *Huntington Beach*.

(Sources: March 23, 2014, MAIL TRIBUNE, "*Crescent City disaster zones mapped*" by LOS ANGELES TIMES; March 29, 2014 MAIL TRIBUNE, "*News Brief*")

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Global Climate Treaty Needed

Climate Change is already having sweeping effects on every continent and throughout the oceans, and scientists with the *UNITED NATIONS Intergovernmental Panel on Climate Change* report that greenhouse gas emissions must be brought under control.

The group's sobering second of three reports was released in Yokohama, JAPAN. The scientific data will weigh in next year when nations meet for a new *Global Climate Treaty*.

The report established that Arctic sea ice is collapsing, ice caps are melting, coastal communities are threatened by rising oceans, coral reefs are dying, Creatures and fish are migrating toward the poles, heat waves and heavy rains are increasing, and water supplies ARE stressed. Food supplies will become stressed also. Economic growth is projected to slow. The economic shock may mean urban areas experience hunger. Migrating Man, being displaced may lack land and resources, impacting public health.

For example, recently an entire hillside in WASHINGTON collapsed, sending 15 million cubic yards of mud and rock cascading across the *Stillaguamish River*, destroying the rural valley of *Steelhead Haven*. Rain and snowmelt from nearby mountaintops impeded rescuers as the mudslide blocked river waters that continued to rise, due to the wet weather.

(March 31, 2014, THE WALL STREET JOURNAL, U.S. News, "*Search for Slide victims Shifts Gears*" by Zusha Elinson: March 31, 2014 THE OREGONIAN, World, "*Climate panel says worst yet to come*" by Justin Gillis, New York times)

Climate Change Irony

While the *United States of AMERICA* increasingly peddles U.S. COAL exports and Kerry was urging INDONESIA to sign a Climate Treaty, An Executive Order was being prepared by President Obama to announce a \$1 billion *Climate Resiliency* fund for US communities affected by CLIMATE CHANGE.

President Barack Obama is faced with a decision on whether to allow the construction of the *Keystone XL* oil pipeline, which is strongly opposed by environmentalists.

Climate Change calls for firm regulations because of the negative environmental impact of hydraulic fracturing and power plant emissions need firm regulations. But *Gina McCarthy*, Chief of the *Environmental Protection Agency* (EPA) seems too willing to make concessions that render EPA regulations ineffective.

Ms. McCarthy extended the time limit for compliance for up to five years. She caved in to Big Industry's requested change to the emissions limit, and set alternative standards for sulfur dioxide so that plants could avoid the cost of monitoring acid gases.

David Goldston, Director of Government Affairs with the NATURAL RESOURCES DEFENSE COUNCIL claims Ms. McCarthy is strong, so who are these carbon emission guys trampling the EPA underfoot. *Dave McCurdy* is President of the *American Gas Association*, and *Mitt Romney* is who constantly criticized *Lisa Jackson* over rising gas prices.

Ms. Jackson got fired over rising gas prices. She was Ms. McCarthy's predecessor, if you get the gist, why these EPA gals can't stand up to the fellas. According to *Senator James Inhofe* (R., Okla), the *Devon Energy Corporation's* annual report to the UNITED NATIONS alleged the EPA was overestimating the level of greenhouse gas emissions from fracking because their corporate executives used alternative methods for carbon emissions calculations. They went around her back is how they got Ms. McCarthy to measure emissions *their* way, not the EPA's way.

(Source: March 7, 2014, THE WALL STREET JOURNAL, "*Rare Détente: New EPA Chief and Industry*" by Carol E. Lee)

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Seattle Leads Divestment Strategies

Mayor Mike McGinn of Seattle, WASHINGTON, is the first United States of America (U.S.) Mayor to undertake city fund divestment in response to the launch of www.350.org's FOSSIL FREE DIVESTMENT CAMPAIGN last year. Mayor McGinn held a procedural and legal conference that covered divestment for cities. City fund managers from several states attended to learn *Climate Change* divestment strategies.

(Winter 2014, YES! MAGAZINE, "Divestment as a strategy to hold fossil fuel companies accountable" by Rachael Stoeve)

The Zen of Food

"A poor farmer grows weeds, a mediocre farmer grows crops, a good farmer grows soil"

Grandmothers and others, your book club could discuss *GARDENING AT THE DRAGON'S GATE: At Work in the Wild and Cultivated World*, by Wendy Johnson. The author was head gardener at Green Gulch Farm Zen Center for three decades. Zen practice is about appreciating people for what they inherently are.

The renowned Japanese Monk Shunryu Suzuki Roshi founded the San Francisco, CALIFORNIA, Zen Center that includes the Tassajara Zen Mountain Center, the Green Gulch Farm Zen Center, and Greens Restaurant. The Green Gulch Farm is famous for pioneering CALIFORNIA's fresh, seasonal home grown food revolution. The Green Gulch Farm has long provided Chez Panisse in Berkeley and Greens Restaurant in San Francisco with fresh produce such as curly endive, green garlic, radicchio, and red dandelions. By 1995 the Chez Panisse Foundation started the Edible Schoolyard program.

The book is an autobiographical sketch of the author's life and is full of gardening tips for growing edibles, what to do about soil bacteria and bugs, and is full of ideas and resources.

The classic Zen meal is called *Oryoki*, and Zen Cooking is considered informal practice because it mirrors formal Zen practice, called *Zazen*. The fundamental principles of Zen are timeless and boil down to paying attention.

For example, when preparing *Oryoki*, it is necessary to cut out any mold, and some cooking, grinding, or toasting is functional and simple. Zen cooks do NOT put a bunch of extra stuff into food. Do one thing at a time. Notice what makes things flow from one task to the next, and be aware of what you doing, feeling, and thinking while you take care of kitchen pots and tools as if they were your own eyes.

Zen monks have three bowls that nest one inside the other. When not in use, the bowls are wrapped in a square. Opening the bowls, laying out the cloth, being served the *Oryoki*, and eating it all follows form and ritual. Breakfast and lunch are three-bowl *Oryoki*, and two-bowl at dinner. The main bowl is always a plain grain. You eat with chopsticks and a spoon. Silence is observed throughout.

If a monk dislikes good food, you eat it anyway because the true meaning of good *includes* bad. Thinking you can have everything to your liking is what brings on suffering. At the end of *Oryoki* you are given hot water to wash your bowls. You wipe them dry. You wrap them up again. There is no dishwashing. You clean up as you go. Zen eating is an artistic expression of being magnanimous.

(Spring 2008, EDIBLE EAST BAY, "*The Zen of Food*", "*Cooking with Big Mind*", and "*Vegetable Karma*" by Wanda Hennig)

The Millennials

According to Hartman, 45% of *Millennials* and 24% of *Baby Boomers* have adopted gluten-free, vegan, or other special diets.

Millennials say they want something healthy for their next snack. Juice bars continue to gain popularity and are popping up in fitness centers, health food stores, and on street corners all across AMERICA and soon may be as popular as *Starbuck* chains.

The *Food for Life* program is a nutrition education program of the *Physicians Committee for Responsible Medicine* (PCRM), a nonprofit organization that conducts clinical research, and promotes preventive medicine and good nutrition. For class listings, free educational materials, resources, and recipes visit www.FFLClasses.org.

To contact a *Plant Wise Cooking* instructor contact info@plantwisecooking.com.

(Sources: March 2014, ENERGY TIMES, Wellness Watch, Headlines-Trends-Stats-Research-Media-People, "What America is Eating"; Volume 20, EXTRAORDINARY HEALTH, What's Trending with Health and Fitness, "Juice Bars"; www.FFLClasses.org; info@plantwisecooking.com)

Pop Quiz

What are your County Commissioners doing about how Climate Change will Jackson County?

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